

**Supporting families in  
our community  
We're here to help.**



**Catholic Charities provides  
Help Me Grow Home Visiting  
program in Lorain County.**

Help Me Grow is a coordinated, community-based service that promotes trans-disciplinary, family-centered programs for expectant parents, newborns, infants, toddlers and their families.

We focus on the needs of the family as a whole and support you and your work for the children of Medina County.

If you know of a child, expectant mother, or military family who could benefit from this **FREE SERVICE** please contact us for more Information.

**Brenda Hernandez  
440 366 1106 ext 30**

